We are what we do.

Walking does wonders

Walking is a great way to move more at work, try the following to add more steps to your day:

» **Walk and Talk.** Hold a walking meeting in or around the office. Just make sure to inform participants to wear comfortable shoes.

» **Walk and Eat.** Plan ahead and bring a lunch or snack that can easily be eaten during a walk.

» **Walk In a Group.** Walking groups can keep you motivated and accountable, and add fun to your walk.

» **Park Remotely.** Finding remote parking spots may be one of the easiest ways to begin your day by moving more. Start by parking farther than normal one day a week and gradually increase the distance and days per week. Make this a fun game for yourself by setting a new goal each week or compete with coworkers. Switch to a gold permit and save money too!

» **Walk and Communicate.** With so many convenient ways to communicate (phone calls, emails, messaging, texting, etc.) its easy to never leave your desk. Walking to communicate can benefit you by getting you up and moving!

Physical activity will add years to your life and life to your years.
**Stretching**

» Reduces muscle tension, anxiety, stress, fatigue, and risk of injury.

» Improves circulation and mental alertness by tuning you into your body and making you feel better instantly.

» Facilitate simple stretching at least once an hour at work.

» Benefits of Stretching:
  - Reduces muscle tension
  - Increases circulation
  - Improves mental alertness
  - Reduces physical fatigue
  - Improves flexibility
  - Prevents injuries

**Do some reps... Take the steps**

» You burn **10 calorie per minute** taking the stairs vs. 1.5 waiting for an elevator (for an 150 lb. person). Plus it is often **faster**!

» Every time you need to go to the restroom, take the stairs to another floor.

» Get off the elevator one or two floors before and take the stairs.

» Climb stairs to improve your cardiovascular function and leg strength.